

## **This I Believe**

There's a saying that goes- "Your eyes are the windows to your soul". Well, the windows to my soul are not my eyes. The window to my true self is music. I believe that music is the most powerful tool in the world. My choice of music shows people who I really am and who I wish to be. It reveals my philosophy of life and what I want from life. It can also divulge many things about my personality and who I am. I have even found out things that I have never known about myself through music.

Music has the ability to affect my emotions and state of mind easily. Whenever I am feeling frustrated, stressed, depressed, or just plain tired from all the drama unfolding in my life, listening to a soothing ballad or two from my favourite Korean pop artistes would be able to lift up my mood. Sometimes, a catchy pop song would also play out of my iPod touch and I would just dance and sing along to it, forgetting all my troubles in the process. That is what I call – Music Therapy. The best kind of "medicine" in the world if you ask me.

Music is also a way of communication. "Where words fail, music speaks." A famous quote by Hans Christian Andersen which I find to be very true. There was a point in time where I had a awfully terrible memory and I could scarcely remember what homework I had that day, what important messages I had to pass down and so on. It was really bad as I was beginning to get in to trouble with various people because of my short-term memory. I tried various ways to remember these things and I found that only one of my methods genuinely worked. Which was simplifying the things I had to remember in to a tune. This helped me to memorise and recall things much better than before and ultimately solved my short-term memory problem. Even now, I still occasionally use that method to remember certain things.

As Sergei Rachmaninov once said, "Music is enough for a lifetime, but a lifetime is not enough for music." That quote sums up my feelings towards music. Music can change throughout the course of a person's lifetime. New genres of music can also be created. But the thing that will never change about music is the way it will leave its own personal "footprint" on every person in this world. The power of music, this I believe.